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The Effects of Dance Therapy on Patients with Parkinson's Disease: An Integrative Literature Review

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The Effects of Dance Therapy on Parkinson's Disease: An Integrative Literature Review

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Background

- More than **1 million Americans** are affected by Parkinson's disease (PD)
- PD is a **chronic, progressive, degenerative** disease of the nervous system
- Dance therapy has improved motor function and balance for **spinal cord injuries, stroke and traumatic brain injury** patients

Purpose

Analyze the outcomes of dance therapy studies on functional mobility, motor function and quality of life for PD patients while on and off anti-Parkinson medications

Research Questions

1. How do PD patients describe their quality of life after utilizing dance therapy?
2. Does dance therapy positively affect functional mobility and motor function for patients with PD?
3. Are there different outcomes for dance therapy when patients are on or off anti-Parkinson medication?

Materials and Methods

Databases

ProQuest Nursing & Allied Health, PubMed and CINAHL

Keywords

Parkinson's disease, dance therapy, quality of life, gait and balance

Model

Lawton's press-competence model

Results

➤ 10 articles were analyzed in this literature review

Functional Mobility	Motor Function	Quality of Life	Medication Timing
<ul style="list-style-type: none">• Tango group improved significantly on the Berg Balance Scale (BBS) compared to the exercise group	<ul style="list-style-type: none">• Significant improvement of 10.4% in total Unified Parkinson Disease Rating Scale III (UPDRS III), 26.7% in gait subscore• Tango group reported less freezing than control group	<ul style="list-style-type: none">• 100% of dance participants reported enjoying the program• Caregivers reported positive changes in their relationships with PD patients	<ul style="list-style-type: none">• No relationship between UPDRS III scores and last dose of medication• Significant improvements in motor symptoms during tango while off medication for 12 hours

Discussion

- ◆ Balance improves in short-term and long-term dance therapy, possible to retain improvements from dance therapy
- ◆ Tango positively impacts balance more than strength/flexibility exercise
- ◆ Tango improves gait speed in PD patients, making it easier to perform ADLs
- ◆ Tango may delay the progression of PD
- ◆ Dance therapy may prevent social isolation and improve quality of life (QOL) in PD patients
- ◆ Unclear if improvements from dance therapy are affected by anti-Parkinson medications

Conclusions

Dance therapy is a non-pharmacological therapy that can improve functional mobility, motor function and quality of life affected by PD. However, long-term benefits of dance therapy on and off medication are still unclear

Nursing Implications

➡ Nurses can coordinate dance classes in the PD patient's community to help improve QOL. Nurses can also provide education on PD and recommend dance therapy as a non-pharmacological treatment to delay its progression

